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MEMORANDUM FOR: Director of Central Intelligence

Mr. Helms:

This memorandum is for your information.

At a recent Morning Meeting you sharply commented on fat employees. This is to let you know we got the message. I have a paper from John Tietjen which first expresses the medics' appreciation for your and any command support to their efforts to do something about the problem. He does, however, go on to say that, while weight reduction is itself desirable, it is only a part of the picture in cardiovascular disease. There are many other factors and in total there is a lot more they wish they knew.

John's paper suggests there may be some things that can be done to persuade employees to do something for themselves. We hope to have some specifics for you shortly.

  
John W. Coffey

cc: Deputy Director of Central Intelligence  
Director of Medical Services ✓

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CY of this to C/CD and MSDO  
and return to ExO.

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